



## BLAST Winter Invite

To: ISI Team Representative  
From: Jordan Wessels and Kim Abbas,  
Date: January 19 , 2010  
Re: Regionals

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Winter Invite being held on Saturday, February 20<sup>th</sup>, 2010, through Sunday, February 21<sup>st</sup>, 2010, at the Holmes Junior High School Pool in Cedar Falls.

We are looking forward to having you join us for this meet and will strive to make it an enjoyable experience for you and your swimmers.

**Please note that we have a change with our concessions. They will be extremely limited to swimmer friendly drinks and snacks.**

If you have any questions about the meet, please don't hesitate to contact any one of the meet directors. Hope to see you at the meet with safe travels.

Sincerely,  
Jordan Wessels  
319-290-8305  
[jfox960@gmail.com](mailto:jfox960@gmail.com)

Kim Abbas  
319-266-8330  
[snkabbas@cfu.net](mailto:snkabbas@cfu.net)



## Hotels

### **Ramada Inn**

4<sup>th</sup> & Commercial

Waterloo

319-233-7560

(\$79 if BLAST swimming is mentioned)

### **AmericInn Lodge and Suite**

5818 Nordic Dr.

Cedar Falls

319-277-6166

### **Heartland Inn – Greyhound Park**

3052 Marnie Rd.

Waterloo

319-232-7467

### **Holiday Inn**

5826 University Ave.

Cedar Falls

319-277-2230

### **Holiday Inn Express**

2141 La Porte Rd.

Waterloo

319-233-9191

### **Wingate Inn**

1614 Technology Pkwy

Cedar Falls

319-277-2400

### **The Grand Hotel**

300 W Mullan Ave.

Waterloo

319-234-7791

### **Midway Inn**

4117 University Ave.

Cedar Falls

319-277-6931

### **Comfort Suites**

7402 Nordic Dr.

Cedar Falls

319-273-9999

### **University Inn**

4711 University Ave.

Cedar Falls

319-277-1412

**IOWA SWIMMING, INC.**  
**REGIONAL FINALS**  
**Hosted by BLAST**

ISI SANCTION: **IA-10-25**

RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.

DATES: February 20<sup>th</sup> & 21<sup>st</sup>, 2010

MEET CLASSIFICATION: This is a CLOSED meet to only Iowa Swimming, Inc. registered swimmers. Swimmers must have NOT achieved an Iowa "Q" time standard in an event, in order to compete in that event.

TIME:	<u>Morning Session</u>	<u>Afternoon Session</u>
Coaches Meeting:	15 minutes prior to warm-ups	If needed
Warm-ups:	7:30am*	*Immediately following morning session, but not before 11:00am
Competition:	8:30am	Not before Noon

\* If warm-ups are to be split, teams will be notified by the Tuesday before the meet when their warm-up period will begin. BLAST will also post approximate timelines on their website by the Tuesday before the meet.

SITE: Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613  
Indoor 25 yd. with bulkhead, 6 lanes, Backstroke flags at both ends, non-turbulent lane markers, permanent starting blocks at deep end  
11 feet deep at starting end; 4 feet deep at far end  
Daktronics 2000 timing system with horn start and 2 watch back-ups

COACHES: Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach member will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.

WARM-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current registered athletes.
- 2) Contestants must enter the age bracket corresponding to age as of February 20<sup>th</sup>, 2010.
- 3) A swimmer MAY NOT enter an event in which they have an ISI State "Q" time. However, swimmers who will age up to a new age group between Regionals and the ISI State Championships, will be able to swim in the age group corresponding to their age on the first day of Regionals in those events offered in their current age group in which they do not have ISI Q times for their new age group, even if they have Q times in those events for their current age group. Swimmers who swim events under this clause will not be eligible

for awards. This rule will not change the current ISI rule regarding relay competition.

- 4) All 8 & Under swimmers, regardless of A, B, or C Classification may compete together on the same relay team. In all other age group relays, a swimmer who has an Iowa Swimming "Q" time in the 50 yd or metric distance of a stroke, MAY NOT swim that leg in a 200 relay, nor may a 13 & Over swimmer who has a "Q" time in the 100 yd. Or metric distances of Backstroke, Breaststroke, or Butterfly swim that leg in a 200 Medley Relay.
- 5) A swimmer may enter up to 4 individual events per day, plus relays.
- 6) Seed times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.
- 7) A club/team may enter as many relays per event as they wish designating the relays A, B, C, etc.
- 8) Events will be pre-seeded, except for the 1000/1650 Freestyles, which will be deck seeded.
- 9) If names are on entry sheets for relays, those names will be on the relays card at the meet.

#### ENTRY FEES:

- 1) Individual events: \$3.25 per event  
Relays are \$8.00 per relay.
- 2) ISI Splash Fee is \$3.00.
- 3) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- 4) Write single check for entry and splash fees payable to BLAST.
- 5) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

#### ENTRY FORMS:

Use forms: ISI APP-7 Entry form  
ISI APP 8.3 Financial Sheet

Or

Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.

#### ENTRY DEADLINE:

The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, February 15<sup>th</sup>, 2010. The entry fees & hardcopy are due by Wednesday, February 17<sup>th</sup>, 2010. Any changes made after Noon, Monday, February 15<sup>th</sup>, 2010, will be considered Late Entries.

The deadline for hand written or emailed non-Hy-Tek is Wednesday, February 10<sup>th</sup>, 2010. Teams entering by this method must email or phone updates from February 13<sup>th</sup> & 14<sup>th</sup>, 2010, weekend's meets by noon, Monday, February, 15<sup>th</sup>, 2010. These changes can only be for those swimmers who have already been entered in the meet, but need to change events due to a "Q" achievement in originally entered events(s). All new swimmers, not originally entered, will be assessed the Late Entry fee(s).

#### LATE ENTRIES

Late entries will be accepted in person up to one hour before the start of each session.

1. If the meet program has not been printed, the swimmer shall be seeded into the meet, but will still be responsible for the Late Entry Fees.

2. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. A zero heat will be created, if necessary.
3. Late Entry Fees: Individual events \$6.50 per event and Relay events \$16.00 per relay
4. Late entry swimmers will be required to show proof of current membership.

SEND ENTRIES TO: Kim Abbas, 4127 Wynnewood Rd., Cedar Falls, IA 50613. (319) 231-1054. [snkabbas@cfu.net](mailto:snkabbas@cfu.net). Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

MEET DIRECTOR: Jordan Wessels, 960 Fox Ridge Rd., Dike, IA, 50624. (319) 290-8305. [jfox960@gmail.com](mailto:jfox960@gmail.com).

SCORING: No individual or team scoring will be kept.

AWARDS: Individual events: 1<sup>st</sup> – 3<sup>rd</sup> Medals 4<sup>th</sup> – 8<sup>th</sup> Ribbons  
Relay Events: 1<sup>st</sup> Medals 2<sup>nd</sup> – 3<sup>rd</sup> Ribbons  
No high point awards will be given

MEET OPERATION:

- 1) There will be no clerk of course.
- 2) Swimmers must check-in for the 1000 & 1650yd Free by 2:00pm, Sunday, February 21<sup>st</sup>, 2010, in front of the computer table. These events will be deck seeded and combined according to USA Swimming rules. Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650, NOT both. If they need to swim both, in attempting to reach and ISI 'Q' time, they will need to take an intermediate split in the 1650.
- 3) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10&Under or Age Group and Senior events. (*At the discretion of the Referee, at least 15 minutes rest shall occur between swims for the same individual.*)
- 4) Events may be combined to facilitate meet operation and separated later.
- 5) The 13-14 and 15&Over 1000/1650 Free will be seeded together, but separated for awards. The events will be swum from fastest to slowest, alternating women/men.

MEET COMMITTEE: A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative and one (1) Certified Official acting at large will be established to receive and act upon any administrative protest filed at the meet. The committee will not act upon judgment decisions as those are under the jurisdiction of the Meet Referee. This committee shall act as a review section in the need of an emergency meeting.

SCRATCHES: ISI Scratch Rule is in effect. See ISI Code Book Section J.

TIMERS & OFFICIALS: Clubs and unattached swimmers participating in this meet must provide 50% timers and/or officials on a prorated basis according to their number of entries. A list of timers and officials assignments will be posted in front of the timing console and on the internet.

NO SMOKING: No smoking in the swimming venue.

USA REGISTRATION: There will be NO USA Swimming registration at the meet (swimmers, coaches, or clubs)

**ADAPTED  
COMPETITIVE  
SWIMMERS:**

USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adapted Competitive Swimmer Information Form” form APP-21 must accompany entries. The form is also available on the ISI website ([www.isiswim.org](http://www.isiswim.org)) or from the ISI office, email: [isiswim@aol.com](mailto:isiswim@aol.com), phone: 1-877-474-7946, or mail: 2715 Pioneer Ct, Davenport, IA 52804-1099 . Completion of this information form is part of the entry procedure since the host club and meet referee must have all necessary information concerning the swimmer. Refer also to USA Swimming Rules and Regulations Article 105.

**PROGRAMS  
& FINAL RESULTS**

Programs & final results will be sold at the meet.  
Each USA Swimming team entered will receive a copy of the program.  
Electronic results will be provided to all teams participating in the meet & posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet.

**OTHER INFORMATION:**

Splash Multisport will be in attendance at the meet.  
Limited concessions will be available.  
Personalized Regional t-shirts will be on sale.  
Seating is in the balcony. Spectators will not be allowed to view from deck.

Iowa Swimming, Inc.  
Regional Finals  
25-yard Course IA-10-25  
Hosted by BLAST at Holmes Jr High

Session I – Saturday, February 20<sup>th</sup>, 2010

Warm-ups: 7:30am

Competition: 8:30am

Girls				Boys		
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
1		36.00	10&U 50 Free	35.20		2
3		21.30	8&U 25 Free C	20.70		4
5	21.29		8&U 25 Free AB		20.69	6
7		1:34.00	10&U 100 Back	1:32.10		8
9		58.90	8&U 50 Back	57.80		10
11		43.00	10&U 50 Fly	42.00		12
13		24.90	8&U 25 Fly C	25.10		14
15	24.89		8&U 25 Fly AB		25.09	16
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
17		1:46.70	10&U 100 Breast	1:43.70		18
19		1:03.80	8&U 50 Breast	1:02.40		20
21		2:58.30	10&U 200 Free	2:50.90		22
23		1:49.00	8&U 100 Free	1:45.80		24
25		1:33.80	10&U 100 IM	1:31.20		26
27			10&U 200 Medley Relay			28
29			8&U 100 Medley Relay			30

Session II – Saturday, February 20<sup>th</sup>, 2010

Warm-ups: Immediately following the morning session, but not before 11:00am

Competition: Not before Noon

Girls				Boys		
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
31		2:48.90	11-12 200 Back	2:45.60		32
33		2:39.60	13-14 200 Back	2:29.80		34
35		2:29.90	15&O 200 Back	2:17.90		36
37		1:25.80	11-12 100 Breast	1:24.20		38
39		1:20.90	13-14 100 Breast	1:15.10		40
41		35.40	11-12 50 Back	35.00		42
43		1:15.70	15&O 100 Breast	1:08.90		44
45		2:51.80	11-12 200 Fly	2:48.30		46
47		2:41.00	13-14 200 Fly	2:32.00		48
49		2:30.50	15&O 200 Fly	2:19.00		50
51		2:44.20	11-12 200 IM	2:42.50		52
53		2:30.50	13-14 200 IM	2:20.30		54
55		2:27.00	15&O 200 IM	2:15.10		56
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
57		1:05.70	11-12 100 Free	1:05.30		58
59		1:02.20	13-14 100 Free	57.40		60
61		39.40	11-12 50 Breast	39.10		62
63		1:00.80	15&O 100 Free	55.20		64
65			11-12 200 Medley Relay			66
67			13-14 200 Medley Relay			68
69			Open 200 Medley Relay			70
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
71		6:24.70	11-12 500 Free	6:19.90		72
73		5:53.00	13-14 500 Free	5:35.20		74
75		5:47.40	15&O 500 Free	5:24.30		76

Iowa Swimming, Inc.  
Regional Finals  
25-yard Course IA-10-25  
Hosted by BLAST at Holmes Jr High

Session III – Sunday, February 21<sup>th</sup>, 2010

Warm-ups: 7:30am Competition: 8:30am

Girls				Boys		
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
77		3:19.40	10&U 200 IM	3:18.10		78
79		1:53.60	8&U 100 IM	1:52.10		80
81		43.50	10&U 50 Back	43.70		82
83		25.70	8&U 25 Back C	25.30		84
85	25.69		8&U 25 Back AB		25.29	86
87		1:42.10	10&U 100 Fly	1:40.40		88
89		57.00	8&U 50 Fly	57.50		90
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
91		47.80	10&U 50 Breast	47.90		92
93		27.90	8&U 25 Breast C	27.30		94
95	27.89		8&U 25 Breast AB		27.29	96
97		1:21.60	10&U 100 Free	1:20.00		98
99		48.80	8&U 50 Free	47.40		100
101			10&U 200 Free Relay			102
103			8&U 100 Free Relay			104
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
105		7:39.50	10&U 500 Free	7:35.20		106

Session IV – Sunday, February 21, 2010

Warm-ups: Immediately following the morning session, but not before 11:00am Competition: Not before Noon

Girls				Boys		
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
107		30.70	11-12 50 Free	29.80		108
109		28.70	13-14 50 Free	26.30		110
111		28.00	15&O 50 Free	25.30		112
113		5:50.20	11-12 400 IM	5:42.60		114
115		5:31.10	13-14 400 IM	5:13.00		116
117		5:22.80	15&O 400 IM	4:59.80		118
119		1:17.70	11-12 100 Back	1:15.70		120
121		1:11.40	13-14 100 Back	1:06.90		122
123		33.80	11-12 50 Fly	33.70		124
125		1:06.60	15&O 100 Back	1:06.90		126
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
127		2:25.70	11-12 200 Free	2:21.90		128
129		2:13.80	13-14 200 Free	2:05.30		130
131		2:10.40	15&O 200 Free	2:00.10		132
133		1:16.70	11-12 100 Fly	1:15.20		134
135		1:10.70	13-14 100 Fly	1:05.50		136
137		1:06.30	15&O 100 Fly	1:00.10		138
139		3:11.70	11-12 200 Breast	3:07.30		140
141		3:00.70	13-14 200 Breast	2:49.40		142
143		1:17.10	11-12 100 IM	1:14.60		144
145		2:49.60	15&O 200 Breast	2:36.40		146
147			11-12 200 Free Relay			148
149			13-14 200 Free Relay			150
151			Open 200 Free Relay			152
Break - Warm-up/cool down 10 minutes min – Admin 15 minutes						
153		13:23.90	11-12 1000 Free	13:14.70		154
155		12:38.00	13-14 1000 Free	12:05.40		156
157		12:25.70	15&O 1000 Free	11:40.20		158
159		22:33.80	11-12 1650 Free	22:17.10		160
161		21:02.70	13-14 1650 Free	20:03.90		162
163		20:48.90	15&O 1650 Free	19:35.00		164